



Cumbria Advisory Thyroid Service

INFORMATION SHEET



READING LIST

There are a number of books on the thyroid condition – some not authenticated medically and some from overseas. Also information can be taken from the internet.

Cumbria Advisory Thyroid Service do recommend the following books – and advise with caution some of the printed matter now circulating.

These books range in price from £4.75 to £14.00 approximately and prices will change with time (prices correct in 2006).

“WHY AM I SO TIRED? – IS YOUR THYROID MAKING YOU ILL?” BY Martin Budd N.D.D.O. – *this is a surprisingly well written book aimed specifically at the undiagnosed hypothyroid patient, but still of great interest to those already receiving treatment. However one word of caution when reading this book, is to remember that if you are taking Thyroxine medication, it is unwise to increase the ingestion of iodine and vegetables such as cabbage and broccoli should be taken in moderation. It is possible for these particular vegetables to distort blood test readings and if eaten in too great a quantity, levels may possibly decrease to hypothyroidism. It should be remembered this book is aimed at those with symptoms of mild undiagnosed hypothyroidism. Therefore it is an excellent book to help such persons to evaluate the possibility of this condition. Available on the Internet – www.thorsons.com – ISBN 0-7225-3942-8 - £9.99*

- UNDERSTANDING THYROID DISORDERS – Dr A D Toft – BMA 1903474191 **£4.75**
- THE THYROID SOLUTION – Ridha Arem, M.D. Ballantine 0-345-42920-6 **£11.99** (paperback)
- COPING WITH THYROID PROBLEMS – Dr Joan Gomez – Sheldon Press 0-85969-687-1 **£6.99**
- THYROID DISORDERS – Dr Rowan Hillson – Optima 0091884349 **£8.99**
- THYROID DISEASE: THE FACTS – R I S Bayliss & R M G Tunbridge – Oxford University Press. 0192629468 **£13.99**

The above selection of books can be purchased from any good bookstore (usually to be ordered, which is why we have given the issue numbers above). You may also be able to purchase these book through the internet at online bookshops.

C.A.T.S. highly recommends Dr Hillson’s book – THYROID DISORDERS and uses it widely for many of our own reference purposes, alongside the expertise of our own Medical Advisor.

C.A.T.S RECOMMENDS YOU ALWAYS SEEK YOUR DOCTORS ADVICE

Disclaimer

The purpose of this information leaflet is to help those suffering with thyroid disease. Whilst every effort is made to provide accurate information, it is impossible to ensure that the information given is relevant to every individual. No responsibility is accepted by CATS and it is recommended and essential, that if in any doubt about your condition, that you should always contact your doctor, specialist physician or surgeon to seek medical advice.